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SOME
OBSERVATIONS
ON THE
ORIGIN, PROGRESS,
AND
METHOD OF TREATING
THE
ATRABILIOUS TEMPERAMENT
AND GOUT.

By WILLIAM GRANT, M. D.

L O N D O N:

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M DCC LXXIX.



ADVERTISEMENT.

HAVING already published my observations on such of the acute diseases as, in my opinion, most required discussion, I now come to consider the chronic diseases common in London.

Great attention, and many years practice, have enabled me to make some observations, the knowledge of which, I humbly presume, may be of some importance to the practice of physic.

Accordingly, the first two chapters of the following little Essay were read to a learned society of medical friends. Of these the subject is partly anatomical, and the language of course partly technical; but every where else I have avoided scientific terms, and have endeavoured to reduce the whole narrative to the level of every common reader.

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My expectation is, that this short Essay may be of service to many of my private friends, for whose sake chiefly I take this trouble; if peradventure I should be able, by shewing them the rise and progress of those chronic diseases to which they are most liable, to teach them the simple and most effectual treatment of them, by proper regimen only.

I have not leisure to attend to the elegance of composition; my sole object is to be simple, concise, and explicit; nor will I make any apology for repetitions, wherever I thought they might throw light on the subject.

C H A P. I.

Of the Origin and Progress of the atrabilious Temperament.

MANY of you, Gentlemen, may have observed, for some years past, a very sensible encrease in the number of gouty, paralytic and apoplectic cases. The importance of this matter excited a desire of investigating the cause, and suggested many ideas, which I committed to writing as they occurred. Some of them I now presume to read to you, although they were not composed with any thought of being presented to this most learned Society, to which I am sensible they can give no information; indeed, they are not calculated for such a meridian, being originally intended for private use only. I have taken out thirty pages, and fear that even these may be too many for your patience.

In considering this subject, it appeared to me, that such chronic distempers, as do not immediately arise from the bad treatment of acute diseases, originate from

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some very remote cause, lurking in the constitution long before the disease is developed; which being neglected, the whole constitution becomes gradually, and almost imperceptibly altered: so that many of the chronic diseases are not confined to one organ, or to one humour, but the whole constitution is affected so much, that they may be called constitutional diseases; and this is the reason why so many of them are hereditary.

This proposition is also true when inverted; for we find, that as the constitutional diseases are often hereditary, so the hereditary diseases are always constitutional; and that the whole body, solids as well as fluids, is affected or diseased; and all must be altered before health can be obtained: hence the great difficulty, and sometimes the impossibility, of curing such diseases.

Thus, *e. g.* the Gout, which is truly one of these diseases, has its remote cause existing in the constitution, many years before the formation of a fit: and to cure it, that remote cause must be investigated, and then removed; without which, the effect, that is, the fit, must return so long as there is strength remaining to form it.

To ascertain this remote cause, and explain the nature of it, is my present purpose;

pose; after which it will become more easy to point out a method for preventing the formation of such causes; for removing them when recent; and finally, for correcting them when the total removal shall be found impracticable.

Some of you, Gentlemen, who have taken the trouble to read my Observations on Fevers, will recollect, that in explaining that species of obstruction, which the ancients distinguished by the name of the *Temperamentum melancholicum*, or *atrabilare*, I observed, that the same people, who were liable to the hypochondriacal and hysterical complaints, were also the most subject to certain eruptions on the skin; to a species of suffocation, *peripneumonia notha*, and apoplexy or palsy; to tormenting piles, and the formation of gouty matter; that all these diseases, although so different in their first appearances, seemed to originate from the same remote cause, because they were often seen together, or by succession, in the same persons, and curable by methods nearly similar: and what confirmed me still more in this opinion was, that there are but few countries, and in those but few classes of mankind, among whom the atrabilious diseases are generally found.

Thus, *e. g.* when I was a young man in the Highlands of Scotland, I hardly ever saw a man able to breed the gout; there is not a word for it in the language of that country. I have known hundreds of strong men there, who have debauched themselves with wine and spirituous liquors daily and regularly for many years together; some have lived to old age; others, by their excesses, have shortened their lives, and contracted a variety of diseases, but never the gout.

In the south and high parts of France, they drink wine diluted with water, in prodigious quantities, from morning to night. There I took much pains to enquire, and was surprised to find, that the gout was very rare among them.

It is uncommon in Spain and Portugal; it is confined to the English in the island of Madeira: it is hardly to be met with in the great kingdom of Russia; not at all in Turkey, nor in any of the vast countries, where the regulations of the Mohamadan religion are strictly observed. Even Egypt and Greece, formerly the seats of empire, arts, and luxury, as well as gout, are now free from all the atrabilious complaints; insomuch that the physicians from those countries, with whom I have
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conversed, did not seem to understand Hippocrates on any subject but the putrid, malignant and pestilential diseases, the offspring of that nastiness and poverty so common in those countries, where plenty, and even luxury, was generally diffused in the days of Hippocrates.

All the countries within the tropics are remarkably free from the atrabilious complaints; owing, in part, to the scarcity of animal food, to the leanness of their meat, to the vast quantities of ripe fruits and pure vegetable acids, produced in those countries, which the great heat and continual strong perspiration oblige the inhabitants to devour with avidity.

On the contrary, I can say, from my own observation, that the gout, and all the atrabilious diseases, abound among the people of fashion, all over the coast side of Britain and Ireland; in Holland, Flanders, and Normandy; in the city of Paris, and in all the great towns and cities of Europe, where people live much on the diseased flesh of pampered animals, fatted in stalls, without air or exercise, till they become foul, soft, and leucophlegmatic; but the labouring and common people, even here, are almost exempted from them.

From these facts I am led to believe, that the gout arises from foul and luxurious eating, rather than from hard drinking; but chiefly when both these vices are united, and exercise neglected.

When Sydenham says, that the drinking of spirituous liquors is the remote cause of the *peripneumonia notha*, he ought to have added, “within the bills of mortality, where people, at the same time, debauch in animal fat and butter.” But it is not so in the mountains of many countries, where they all debauch in spirituous liquors; but their meat is lean, and animal food is not plenty: hence the *peripneumonia notha*, or any other of the atrabilious diseases, is hardly to be met with in any of the mountainous countries of Great Britain, Germany, Switzerland, France, Spain, or Italy.

But although hard drinking alone may not be sufficient to produce the gout, yet I am sure it will assist in the formation of gout, and greatly exasperate a formed gout, unless the excess is worked off by daily hard labour; and several of my acquaintance in this country have greatly moderated their gout, by simply encreasing their exercise, abstaining from butter, the fat of meat, wine and strong liquors; nay beer hurts them less than
wine,

wine, which confirms the observation of Sydenham and Cheyne, who said so, because they had seen it, and not because they were fond of small beer, as some have alleged.

In studying the medical observers, with all the attention of which I am capable, I have been surprised, that none ever described the *peripneumonia notha* and the gout so well as Sydenham. Now, although I am very sensible of his uncommon sagacity and close attention, yet he had one advantage over all his predecessors, viz. the place where he practised; for there never was a spot in which those diseases were so frequent, nor so perfect, as in London.

In the city of Paris, and many towns in Italy, people have refined upon the pleasures of the bed and table, as much as possible, and indeed they have made great progress in luxury; but the regulations of the church of Rome constrain them a little, and they are more fond of high than gross eating: they eat a great deal of ripe fruit, bread, and vegetables, and always sleep on matresses. Perhaps, the nature of their climate, their great vivacity, and distance from the coast and flat country, may have some effect. Be that as it may, the *peripneumonia notha* is un-

common among them, and the gout is less frequent and less violent than in this city.

Sydenham observed that, in his time, thirty-odd years were required to produce the gout in a person naturally healthy; so that they seldom had well-formed fits before the age of forty, or upwards: but, since his days, we have made such progress in feeding cattle and poultry, in covering our tables with so great variety, in seasoning, dressing, and serving up our repasts, that much less time is found quite sufficient.

To these causes may be added the consumption of strong liquors; the neglect of going on foot; the increase of carriages; the high finishing of roads, rooms, and furniture; the softness of beds; the anxiety, vexation, and frequent disappointment introduced amongst us by the increase of commerce, politics, and gaming; the extent and progress of the venereal diseases, and their consequences; the bad treatment of fevers; the vast consumption of powerful drugs, and the great abuse of health by violent quack remedies: hence the increase of atrabilious diseases.

I know a man, P. M. who came to this city soon after the age of twenty, very healthy and robust; his stomach was able
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to digest any thing, which tempted him to eat and drink of every thing. In ten years he became big-bellied, fat and bloated ; then he got the piles, afterwards the gout, and, finally, he lost the use of hands and feet before he arrived at the age of forty-eight years.

Unthinking people do not consider, that by foul feeding alone, the size, shape, and texture of every organ in the body may be altered, so as to be rendered unfit for its natural functions, which will readily appear, by only comparing the *viscera* of fatted with those of lean animals ; *e. g.* of two turkies ; the one brought up in the natural manner, obliged to range about for his food, and to roost every night in an high tree, exposed to the inclemency of the weather in all seasons : the other shut up in a coop, without light, free air, or exercise, carefully fed and pampered in a warm house.

The first is not so very large, weighing perhaps ten pounds only ; his flesh is red and hard ; his tendons round, small, and hard ; his bones thin, small, and hard ; his joints small, and the ligaments thin and smooth ; his *alphage*, or crop, small ; his gizzard small, thick, tendinous, firm, and wonderfully rough on the inside ;
his

his liver firm, and weighing nearly three ounces.

On the contrary, the fed turkey is large and heavy, from sixteen to twenty-six pounds; his flesh is white, soft, and tender; his joints are large, and the ligaments thick, soft, and fleshy; his bones soft, thick, and bloody; his tendons flat, thick, and soft; his crop is large and thin; his gizzard very capacious, soft, fleshy, and tender; his liver is of a prodigious size, weighing from nine to sixteen ounces, and so soft that, when boiled, you may break it down with the back of a spoon, and mix it with your sauce, like chocolate: if suffered to live long, he becomes gouty, and unable to walk. The same is true of all pampered domestic animals, such as dogs, cats, &c. &c.

The same difference may be observed in the human species: a man brought up in a rude state is, in infancy, first well suckled by his mother for many months; during which time he is sufficiently fed, although he has hardly any other food than the mother's milk; after which his diet is very simple, little varied, and rather scanty.

Gradually as he grows up, he is obliged to labour for the means of subsistence;
so

so that he naturally becomes a fisher, hunter, grazier, or farmer, or, what is more common in the countries where I have resided, he exercises all these arts by turns; in consequence of which, he is under the necessity of spending one half of his time in the open air, and two thirds of that in cold water: his bed is hard, his coverings light, his sleep short, his meals few, irregular, and simple; his drink is cold water, his exercise is not so violent as it is continual, and in the open air: at times, he eats the flesh of beasts, fowls, and fish of every kind; but the animals intended for his food are not fatted, nor kept long to become tender, far less to acquire a *fumette*; he is never tempted to over-eat himself by the great variety of dishes, relishing pickles, or skill of his cook.

This man is lean and lank-faced, stout limbs, and no belly; his skin is loose, harsh, and hairy; the skin of his head is very movable, so that he has a great deal of motion in his nose, forehead, and ears; he has high cheek-bones, and all his muscles are hard, prominent and unequal; his veins are large and rolling, his bones are short, solid, and hard; his joints are small; but his limbs are thick in proportion to his bulk and stature.

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When his body is opened after death, it will be found, that his stomach and intestines are small, thick in their coats, and fleshy; his liver, pancreas, and kidneys small and smooth, but compact and firm; his *omentum* thin, short, and narrow; the muscles of the belly thick, prominent, short, and hollowed inwards; so that the external appearance of the *abdomen* is flat, and the breast large, prominent, and round.

The lungs are large, and, on filling them with air, very elastic; the heart is also large, and so are the great blood-vessels; the neck is short, thick, and muscular; the skull large, round, solid, hard, and thin, except where the muscles are inserted, and there it is thick in knobs or ridges; the brain is very large, and the nerves are thick; the teeth are short, white, smooth, and close set; the gums firm and sound.

I have opened many such, and, upon the whole, have found the above anatomical observations true, which accounts, in a great measure, for what I have always remarked among men brought up in a rude state; for although their sight, hearing, taste, and smell, are very acute, yet their feelings are blunt, and their nervous system not easily moved; for they
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bear pain, cold, heat, hunger, and hardship, with wonderful patience, and soon recover great fatigue.

Their bodies are light, their motion quick, their wind is good; but they do not seem calculated for carrying heavy loads, or overcoming great resistance. Although they neglect washing their teeth and mouth after meals, yet their breath is sweet; and they never smell frousy, although they are but seldom shifted.

The diseases of such people are few, violent, short, and dangerous; but the crisis is complete, and the recovery perfect, as often as they escape with life. In general, they are of a costive habit, and sometimes eat hearty meals; but I never heard them complain of flatulence or indigestion.

Their spirits are moderate, but equal; nervous distempers they have none. Indeed, their nerves are strong, desires very bounded, and wants few. Hence they are often indolent, ignorant, and contented; their mental faculties are rather solid than quick; their natural sagacity is considerable, and their memory retentive. To this firmness in the nervous system, they are indebted for that intrepidity, constancy, and patience, with which they contentedly bear all the vicissitudes of heat, cold, wet, dry, rest, fatigue, plenty, want, prosperity,

city, and adversity : all their passions are low, equal, and permanent.

With such, compare a man born and brought up in refined life: his delicate mother cannot suckle him ; a *strange* nurse is hired, who but half suckles him, and for six months only ; after which his diet is various, abundant, and high seasoned ; gradually, as he grows up, he is taught to think, and confined to study ; he never is in cold water, seldom in the open air, or at all exposed to cold, hunger, and fatigue.

His chamber is close, his bed soft, his coverings many, his sleep is long, his meals are regular, plentiful, frequent, and full of variety ; his drink is of fermented liquors, strong or sweet ; his exercise is scanty, irregular, of short duration, and seldom in the open air.

He eats the flesh of animals highly fed, and for the most part diseased, and is tempted to overload his stomach, by every art and invention, for flavour, taste, and dressing, as well as infinite variety. Hence he becomes large, fat, heavy, and bloated ; his skin soft, fair, and extended ; his muscles soft, smooth, and larded with fat ; his blood-vessels are compressed by the great distension of the cellular membrane ; his bones are long, large, spongy, and soft ;

soft; his joints are large, and the ligaments thick; his limbs, though large, are but small, compared to the bulk of his belly.

His stomach and intestines are of an enormous size, thin in their coats, but loaded with fat; his liver is of a monstrous size, soft, and spongy; the pancreas and kidneys are also large, flabby, and fat; the *omentum* is prodigious, soft, long, broad, and thick, extending all over the belly down to the *pelvis*.

The muscles of the belly are thin, broad, and extended to almost double their natural length, being pushed outwards by the overgrown contents of the *abdomen*. Hence also the *diaphragm* is violently forced upward, so as to compress the lungs and heart. Hence also the cavity of the *thorax* is not near so large as the appearance of the chest would promise in such people, and a considerable part of that space is occupied by lumps of fat; so that the lungs, heart, and great blood-vessels, are confined.

The neck is large, but soft and flabby; the head appears large, but the cavity of the skull is not so; for the integuments are thick, and the bone is soft, thick, and spongy; so that the brain is but small, and the nerves are evidently so. The

senses are not very acute ; but the feelings are delicate, and the whole nervous system easily moved upon slight occasions.

The whole body is heavy, and the breathing short. This man seems calculated for slow motion, to carry loads, and raise great weights ; his teeth are seldom good, his gums are soft and spongy, his tongue is often foul, his diseases are many, slow, not very painful, nor very dangerous ; but the crisis is seldom complete, nor the recovery perfect, even when he escapes with his life.

If he is suffered to remain coſtive for ſome length of time, and ſhould not be relieved by a fluxion on ſome organ or other, he begins to complain of flatulence and indigeſtion, piles, arthritic pains, or gout ; at other times thick wind, ſuffocation, ſtuffing in the glands, and even apoplexy ; which, if it ſhould not prove fatal, is often ſucceeded by palsy.

His ſpirits are unequal, often low ; the number of his nervous complaints is very great ; indeed, his feelings are ſo keen, and his wants ſo many, that his deſires are unbounded, and of courſe his mind is diſſatisfied : hence he is impatient, diſcontented, induſtrious, and ingenious ; his apprehenſions are quick, his knowledge extenſive ; he is enterpriſing, often very daring ;

daring ; but impatient under hardship, and more afraid of hunger and hard living than of danger.

I remember a *bon vivant*, a corpulent native of this city, who consulted our worthy friend, Sir William Duncan, for an universal rheumatic gout, or *arthritis vaga*. To explain his case with great accuracy, he gave an account of the state of his health from his infancy.

“ I have been told (said he), that I was
 “ born hearty and strong, and throve at
 “ my mother’s breast for three months ;
 “ after which I was brought up by hand.
 “ It seems, however, that I did not long
 “ continue healthy ; for, when I was but
 “ two years old, my father paid my apothecary’s bill, *viz.* Absorbent draughts
 “ 360, laxative ditto 150, anodyne ditto
 “ 90, clysters 60, vomits 10, and blisters
 “ fix.

“ Soon after, I was sent to a relation’s
 “ house in the country, where I recovered,
 “ and grew up stout and lusty. I went
 “ early into business, always had a good
 “ appetite, soon became big and fat, but
 “ was troubled with indigestion and windy
 “ complaints. At the age of thirty, I first
 “ felt the rheumatism, and soon after I
 “ had a fever ; since which time I never
 “ have been quite well.

“ At the age of forty, I was laid up
 “ with a severe gout, which however did
 “ not last long, and seemed to do me a
 “ great deal of service ; but the gout has
 “ gradually encreased ever since, and now
 “ I am never free from pain, &c. &c.”

Sir William ordered a regimen, to which he could not conform ; swore the cure was worse than the disease, and that he would not purchase life on such severe conditions. He lived in misery for some years longer, and died unexpectedly. His body was opened, and exhibited a picture, such as I have already endeavoured to draw. I do not wonder that the ancients should impute many of these diseases to the overgrowing of the liver, which they called the seat of the *atra bilis*.

From these and many such observations I infer, that the *parenchyma* of the *viscera* may be altered to a wonderful degree, by the manner of living only. The evil tendency of such alteration is not easily perceived in the beginning, and is suffered to creep on insensibly, till the texture of all the solids is destroyed, the secretions and excretions interrupted, obstructions formed, and new humours and new salts produced, such as never existed before in the natural constitution.

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Of these new humours and salts the gouty matter is composed, which continues to circulate with the blood unperceived, till by the encreased quantity, or acquired acrimony, or some other accident, it becomes active, and brings on that species of fever called a fit of the gout.

This fever, when recent and single (that is, not complicated with any other disease), is of the remittent kind, with regular exacerbations and remissions every second day, till coction takes place; then a crisis comes on, and is always followed by critical discharges of hypostatic water, concocted large pultaceous stools, and critical, refreshing sweats; besides the peculiar discharge of volatile, acrid, saline matter from the gouty *phlegmonaides*. And all these are found, by experience, necessary to discharge the whole gouty matter, and restore perfect health.

The true idea then of the whole disease is, that people living in a thick, heavy air, eating the flesh of stall-fed and diseased animals, drinking spirituous and fermented liquors, indulging in ease, luxury and excess, exhausted by heavy mental concerns, and enervated by the debilitating passions of grief, fear, lust, &c. are found liable to such an alteration in the size,

shape, texture, and solidity of their organs, as to render them unfit for the natural functions. Hence a particular relaxation of all the solids ; hence a peculiar morbid matter is engendered, producing a fever *sui generis*, which terminates by a singular sort of crisis, called a fit of the gout, *i. e.* a critical deposit on the ligaments of the joints, resembling a true phlegmon in the beginning, but issuing differently, and always returning again.—Some will say, that diseases of the humours are not hereditary; that the gout is a disease of the humours only, and therefore not hereditary. But this opinion is not well founded in reason nor experience; I knew, *e. g.* a Mr. Clark, in Queen-street, Cheap-side, who was gouty for many years. His daughter was a temperate woman, but constantly complaining of gouty pains. She died young, and left a son, who had regular fits of the gout at the age of seven years.

I know a very pretty young woman, regular and temperate in all things, who married young, bred fast, and suckled her children at her own breast; yet she had the gout at the age of twenty-two, and has had regular fits yearly ever since; because her mother was gouty before she was born. But in a matter of fact so certain,
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we need not much argument, nor many examples.

The gout is hereditary, as much as any disease can be: it is not a disease of any one humour, nor of any one organ, but of the whole constitution: it may be called the *temperamentum arthriticum*, or *podagricum*, and to cure it radically the whole constitution must be altered. A contrary opinion has done a great deal of mischief; for some, having observed that the fit is generally preceded by indigestion, sour eructations and *cardialgia*, mistaking the *terrentia febris* for the *causa remota morbi*, have rashly concluded, that the whole disease was only an *acrimonia acida*, curable by vomits, *alcalis*, absorbents, &c.

Others observed that, in many cases, the appetite, as well as the digestion, fell off long before the fit, although it revived again immediately before the attack, for one or two days, like hot sun-shine before a storm. This observation tempted them to impute the whole disease to a relaxation of the stomach only, and therefore curable by restoratives, and bitters, in solid form and large quantity, long continued; such as Portland's powders, and many other nostrums.

Some observed, that a purging of foetid and bilious stools accompanied the solution

of the fit ; and from thence concluded, that the whole was no other than a bilious distemper, curable by purgatives, neutral salts and acids. Others expected a better effect from heating cordials and diaphoretics ; but all were disappointed.

I knew a man, who fancied that the gout was only an obstinate ague ; because it was a remittent fever, returning nearly at certain periods. Accordingly he tried the bark in vast quantity, during the interval of the fits, and thought that he had conquered the disease ; but he soon perceived his mistake, although, upon the whole, he did less mischief than some of those others.

I knew another doctor, Gentlemen, who imagined that the gout was a mere inflammatory fever, might be treated as such during the fit, and wholly prevented by frequent bleeding, an antiphlogistic regimen, &c. but he killed so many, that his reign was but short. Like all others, who reason about the cure of diseases without proper experience, he had not sufficiently considered the difference between a genuine inflammatory fever, and a fever which may sometimes be accompanied with a degree of inflammation.

There are not wanting people, who will have the gout to arise from obstructed bowels

bowels only, and expect to cure it by powerful deobstruents taken from quicksilver, antimony, and the like; but if they will take time and pains to investigate the nature of the disease, by long and careful attention to the progress of it in a great number of cases, they must perceive, that although there may be a degree of obstruction in the bowels, yet there is such a nervous debility, and such a softness in the texture of the generality of gouty people, as render the use of rough medicines hurtful, and even dangerous. Perhaps, there is not a mineral production that will agree with gouty habits, except iron and sulphur; which are, however, to be met with in almost every vegetable substance.

All these things are now so well known, from the experience of people still living, that I cannot think it in the power of the most impudent and artful quack to impose upon the present race of gouty people. Indeed, I am surprised how it ever entered into the mind of a reasonable man, that any such disease should give way to any one drug. Surely Sydenham could not seriously hope, that such a specific should exist in *rerum natura*, since the destruction of the miraculous tree of life.

There is, however, another opinion, equally pernicious, that requires discussion; some people have taken it into their heads, that a gouty person can have no other disease than the gout; and this error has destroyed many. The truth is, that I have seen gouty people in the gaol fever, in the *angina maligna*, in the *scarlatina anginosa*, in the small-pox; in the *lues*, &c. and there is no reason why they should not be equally liable to any contagious disease with the rest of mankind. In this most people of experience will go along with me. But with regard to the common fevers, some doubt may perhaps remain: to remove which I will give a few instances, out of many that I could give, to prove, that gouty people are not exempted from the common fevers; but being of the *temperamentum podagricum*, they may require some alteration in the manner of treatment, adapted to their particular habit; but without neglecting the common fever, which is the same in all, and requires a similar treatment in all, whether gouty or not.

To begin then with inflammation, the most frequent of all the common fevers, I have often met with it in gouty habits, in such a degree as required, and would not be relieved but by bleeding, and an anti-phlogistic

phlogistic treatment to a certain degree, for some days together.

In the year 1757, and during the height of the inflammatory constitution, I was called, in the middle of the night, to see the late Earl Paulette, who had been tormented with the gout for many years, and lost the use of all his limbs from it.

He had such a tightness and pain cross his breast, that he could not speak; his breath was hot; and, in short, he had all the symptoms of a true peripneumony. A very careful servant, who had long attended my lord, told me, that he believed it was owing to the gout; but added, that he never had seen it come on with such violence, nor indeed after the same manner.

I paid little attention to the gouty part of the complaint, but directed a proper quantity of blood to be taken away directly. Twelve ounces were lost accordingly, which immediately relieved the pain and *dyspnea*; after which, a cup of Sydenham's purging apozeme was given every hour, till it took effect, when he began to dilute plentifully, by frequent draughts of small whey, from time to time.

The inflammation subsided in three days, a gentle perspiration came on, followed by gouty pains, and a regular fit
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succeeded, more violent, but not so tedious as usual.

Some years after, I was called to L. C. who had been very gouty from his youth. I found him in a real pleurisy fever, which did not give way to one bleeding. I treated him exactly as I would have done any other man, of the same age and strength, without the smallest regard to the gout, before the fifth day of the fever; but when the gouty pains began to manifest themselves externally in different places, I refrained from all medicine.

He is now far advanced in life, and yet, in the spring season 1775, I was obliged to treat him nearly in the same way for a fever of the pleuritic kind. This fever was also followed by a fit of the gout, but not immediately, nor did it come with its usual violence.

Mr. Trail, formerly an apothecary in Hatton-garden, aged seventy years, strong, hearty, and active for his age, eat much gross and animal food, digested well, and married a young woman but a few months before this illness, although he had been troubled with the gout for twenty years, with severe, long, and regular fits.

In the beginning of the winter 1774, he sent for me to attend him, for what he called the gout in his lungs. The symptoms,

toms, however, were those of pleurisy and peripneumony, for which I ordered plentiful bleeding, and large quantities of opening pectoral emulsions, with soluble tartar and mana, so as to procure stools every day.

The bleeding was repeated on the second day, and again by leeches on the third; after which the inflammation subsided gradually, a gentle, easy, concocted expectoration took place, by which the fever was quite removed in the usual time and manner.

He then mended his diet, and not long afterwards was suddenly seized with the gout in both feet very violently, but without any other complaint. I took my leave, and he treated himself with good victuals and drink, and suffered his body to become costive.

One evening he had a call to stool, and while he sat on the box, he fell down quite dead. As soon as I was made acquainted with this event, I sent for Dr. Hunter and Mr. Hawkins, that we might inspect the body; and accordingly we found the whole much covered with fat; the *omentum* of an enormous size; all the bowels were very large, but neither hard nor diseased in any degree that might occasion sudden death.

The contents of the *thorax* were also much covered with fat; but the lungs were quite sound, and did not adhere to the *pleura* any where.

The *pericardium* was much distorted with blood, and, on being opened, discovered a rupture of the left ventricle of the heart. Upon carefully examining that ventricle, we saw one part of it of the breadth of an halfpenny, worn so thin as to be diaphanous; the middle of this spot had given way, and occasioned the sudden death: the late king died of the same cause, and I have heard of others since, particularly from Vienna.

In considering these cases, I am satisfied that there was added to the gout a degree of inflammation that required an antiphlogistic treatment in proportion; and that an opposite method would not have been successful; *i. e.* stimulating medicines given or applied in the beginning and crude stage of the fever: indeed, in vigorous people, although ever so gouty, I have not found occasion for stimulating medicines; for as soon as coction takes place, nature separates the gouty matter from the sound juices, and deposits it upon the proper parts, without the aid of medicine or strong liquors.

But still, although the gout may be, in some cases, complicated with inflammation,

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I am far from meaning to insinuate that it is of an inflammatory nature: when it has shewed itself externally, it may at first resemble a true phlegmon in heat, pain, colour, and swelling of the part affected; but it proceeds by remission and exacerbation; and it never issues like a true phlegmon, by kindly resolution or suppuration; but performs a peculiar discharge, by the transudation of a morbid matter through the skin; and desquamation of the *epidermis*, now much thickened, and covered with a branny saline scurf, as has been said above.

In the spring season, and during the constitution of the *synochus non putris*, I meet with the symptoms of pituite and turgid matter in the first passages, as common among gouty people, as among those who are not gouty; and I find them agree equally well with the same mode of treatment recommended in the chapter, where I treat of the *synochus non putris* in the first volume of my Observations on Fevers; and that an heating regimen, in the very beginning of the complaint, is detrimental to both.

But after the turgid matter has been seasonably and properly evacuated, and nature has been relieved from the oppression occasioned by a *colluvies* in the first passages; the people naturally healthy are
quickly

quickly relieved by perspiration, or a depuratory intermittent; whereas the gouty people are sure of a fit of the gout before they are quite recovered.

It is, however, worth observing, that the degree and duration of that fit are greatly diminished by a proper discharge of the turgid matter before the appearance of the gout; and, on the contrary, those gouty people who often mistake the symptoms of turgid matter for the harbingers of a fit, and endeavour to force the gout upon the extremities before there are any signs of coction, or natural propensity to form a fit, always do mischief; and when they escape with their lives, they encrease the violence of the disease, injure the affected parts, by violently forcing the fluxion on them, and recover badly. In the chapter on the *synochus non putris*, where I treated of the *hæmicrania*, I gave the cases of two gouty gentlemen, who were easily cured, by the same remedies which are always effectual in that disease, without any attention being had to the gout; it was the same in them as in many others who were not gouty; nor did the gout immediately follow on their recovery.

During the month of July and the dog-days, gouty people are not subject to fits
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of gout, unless they are very far gone in the disease; but they are often subject to the putrid and dysenteric fever, and all the diseases arising from putrid or bilious matter, so frequent during that season.

These are sometimes mistaken for gout in the stomach or bowels, and much mischief has been the consequence; as I shall have occasion to shew more fully, when I come to treat of the palliative cure of the inveterate gout: I have often seen an erysipelas on the foot and ankle mistaken for the gout.

About twenty-five years ago I made some stay at Bath, where I was acquainted with Dr. Oliver, who had attended much, and been subject to the gout for several years. By him I was assured that gouty people always agreed with vomits as often as they had turgid matter in the stomach; “I order,” said he, “to work off the vomit with port wine and water, by which I obtain two advantages; first, a discharge of the turgid matter, and then I often give my patients an aversion to port wine for some time afterwards.”

When the habit happens to be much loaded with gouty matter, a regular fit will always succeed the discharge of the turgid matter, of whatever kind it may be; but at other times the whole will subside gradually,

gradually, as if the patient had never been gouty. *e. g.*

Mr. G. is a lusty strong man, full of flesh and blood, and aged about sixty years; subject to the gout for many years, and to the gravel of late years; by my advice he had lived more regular, plain, and abstemious, and refrained from wine, fat, and butter, much more than formerly. By these alterations in his living his gout became less violent, as well as a *peripneumonia notha*, to which he had been subject, every winter, for many years.

In the year 1772, I advised his drinking lime water for the gravel; since which, he has voided a vast many stones; his pains of all kinds have been moderate, and his gout and peripneumony inconsiderable. His appetite and digestion good, his body regular, his sleep sound and refreshing, and his spirits excellent.

In this state of health he continued to the month of May 1775, when he lost his appetite, became listless and heavy, which he endeavoured to remove by exercise and change of air.

One night, however, he was seized suddenly with pain and tension of the belly, numbness in his hands, pain, great fulness and heaviness in his head, prostration of strength, dejection of spirits; the tongue

was foul and loaded, and the pulse so obscure as not to be felt any where. A very brisk vomit was given immediately, which brought up a great deal of tough foul matter, after which he took a purging draught; but that having no effect, in a few hours a bulky purging clyster was injected very warm, and he begun to take a cup of Sydenham's purging apozem every hour, till he had two stools of thin bilious matter.

These operations gave great relief, and restored the pulse; they were therefore repeated day after day for a week, till the fulness of the head went off, and he had recovered the use of his legs so as to walk a little; the tongue also became gradually more clean; but the hardness and tension of the belly remained, for which he took sal polychrest and rhubarb every day, for a week longer: by these means all the complaint was conquered, and he has remained well, nor has he felt any gout since.

Now suppose these symptoms, in a gouty habit, had been mistaken for what the French call *la goutte remontée*, and treated by blisters and heating cordials, instead of brisk and repeated evacuations; would not the obstructions have been confirmed, and an apoplexy come on, followed by the

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death

death of the patient? and the ignorant by-standers would have called it the gout in his stomach. On such cases as these I have made some remarks in a note on the apoplexy, in the chapter on the *peripneumonia notha*, in the second volume of my Observations on Fevers, to which I beg leave to refer.

In the chapter on the *atra bilis* of the same treatise, I have said, that the people of that temperament are the most liable to the gout and *peripneumonia notha*; both these diseases often come on at the same time, and are complicated together; hence arises a question, which of them ought to be first and chiefly attended to? This matter deserves consideration, and therefore I will endeavour to explain it by a case, which engrossed my attention very much for many weeks.

An. B. Esq; is now past his grand climacteric, has been subject to the gout for many years, and seldom quite free from it; after much fatigue of mind and body, and a very irregular course of living for the whole winter season of 1774, he was at last seized violently with a cough, and the winter fever of Sydenham; at the same time the gout came very severely into both his feet and ancles, from which he expected to be soon relieved of his cough and
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fulness in his head: but on the contrary, all the symptoms of the *peripneumonia notha* and gout increased together for fourteen days; nor did the violence of the one at all moderate the increase of the other.

In this situation I was called to see him, by his friend and relation Dr. Brownrig; both his feet and ancles were very painful, much swelled, red and tender; at the same time his breathing was difficult, his tongue foul and loaded, his head heavy, and ready to burst as often as he attempted to cough; his pulse was small, soft, irregular, and intermitting; his appetite quite gone, but his thirst was great; he complained of vast weakness, great anxiety and want of sleep; he had been costive for some days, and although his flesh was much exhausted, yet his belly was hard and bulky.

In this case there were many signs of immediate danger that had no connection with the gout, but were evidently the genuine pathognomonic symptoms of the *peripneumonia notha*, and required to be treated as such without loss of time, or regard to the gout.

Accordingly a brisk vomit was given, and worked off with flower of mustard in warm water; after the operation of which he took a cup of Sydenham's purging apozem till he had stools, and then pro-

ceeded with draughts made of *spiritus Mendereri*, camphor julep, and calx of antimony; at the same time all his drink was sharpened with common oxymel.

I returned at night, and found that all these operations had been properly executed, that he had taken a large quantity of whey and pectoral decoction with oxymel; his pulse indeed was mended, but the frequent dry cough, with the pain and fulness of the head, the difficulty of breathing, the uneasiness in his bowels, and frequent ineffectual calls to stool, made him forget the pain of his feet, though swelled and inflamed as much as ever.

I concluded that he had not been sufficiently purged, ordered the apozem to be repeated, and to proceed afterwards with the draughts and oxymel as before.

In the course of the night the apozem procured him three very copious discharges; and he began to expectorate the very next day.

From this time the disease got into its usual train; the cough and spitting lasted forty-three days, and gradually carried off every symptom. As for the gout, it went away in fourteen days from this *crisis*, and did not return for many months, nor has it been so violent ever since; owing to the use of sulphur, and the alterations made in

his manner of living. I could give many such cases, but think this sufficient to prove, that gouty people are not exempted from the common fevers, as has been supposed; nor is a fit of the gout always sufficient to carry off other fevers, that may be complicated with it.

I shall now conclude with two practical remarks, which deserve attention.

The gout, when single, is not at all dangerous if left to nature; therefore when complicated with other fevers of a more deleterious tendency, these require to be first and chiefly attended to; and it is pleasing to find, that the seasonable and proper treatment of those other fevers does not retard the operations of nature in expelling the gouty matter afterwards, according to the particular nature thereof. When therefore any fever comes on, with all the pathognomonic symptoms peculiar to it, without the manifest signs of gout; then, I say, that fever is to be treated according to its own nature, whether the patient is gouty or not.

But on the other hand, when a fever comes suddenly upon the retrocession of a true gouty phlegmonoides, or on the sudden repelling of gouty swellings by improper treatment, then indeed we have good reason to expect much relief by re-

calling the gouty matter to the extremities, or original natural seat of the disease.

I shall have occasion to treat this subject at large, when I come to consider the palliative treatment of an inveterate and incurable gout. But to proceed regularly, I must next consider how the gout may be prevented in the children of gouty parents; and then how it may be cured radically, when recent, or in a person not altogether broken by age or infirmity; and conclude by giving my opinion of the best method of treating the inveterate and incurable gout, as far as observation and experience have taught me: for I admit of no special method in practice, but what arises from, and has been often confirmed by them; especially where I have been an eye-witness.

C H A P. II.

Of the proper Means of rearing Children, so as to prevent the atrabilious Temperament.

FROM what has been said in the former Chapter, we may infer, that certain modes of living are able to alter all the solids of the human body so as to produce diseases, not of one organ only, but
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of the whole habit; these I call constitutional diseases, and they are often hereditary. To prevent the propagation of them is of the utmost consequence to posterity, although less attended to than the nature of the subject requires, and the importance of it merits.

In this Chapter I mean to consider, first, some errors in the present fashions and customs, by which the parents are injured, and diseases entailed on the children; and then give my opinion, as far as experience has taught me, how children may be reared so as to acquire a better constitution than their parents ever had.

It is a common observation, that the children of the frugal and laborious look better, are more healthy, and more easily reared than those of the opulent, indolent, and luxurious; the fact is true, and the reasons are many and obvious, if we consider the difference of the father, of the mother, and of the wet-nurse of each child.

The child of the labouring man is the offspring of real natural vigour, and not of artificial appetite: *rara Venus sanum; frequens, debilis, vanum*. Idleness, acrid juices, high-seasoned victuals, and provocatives destroy natural vigour in the same proportion that they promote desire; they are

therefore injurious to procreation: add to these, the diseases often entailed upon the child of a man of fashion, by the youthful excesses and debaucheries of his father. In all these the child of the labourer has the advantage of the child of the idle and luxurious man.

But his most numerous, and by far his most considerable advantages, are derived from the simple diet and good constitution of his mother; to have children gives her little trouble, and to rear them requires no great skill: her mind is not distracted with the follies of life; the care of her child, the affection of the mother, and the duties of the wet-nurse, engross all her attention.

But the lady of fashion, distorted by dress, and debilitated by luxury and want of exercise, suffers much, both in body and mind, from gestation and parturition.

The most perfect shape a woman can have is that which is best calculated for the purpose of conception, gestation, parturition, and suckling infants; and this is what nature will always give, if not altered by violence, or great neglect; what that is, may be partly gathered from contemplating the most perfect pieces of the ancients, who did much by strictly copying nature, although they did not know the structure of the parts so minutely as we do.

Comparing

Comparing women with men, it will be found that they are shorter as well as more delicate, being in general from five feet to five feet five inches only, whereas men are from five feet five to six feet high.

But if the comparison is made by weight, it will be found that the women are, *ceteris paribus*, the more heavy; so that the difference seems to arise from the disposition, rather than the real quantity of matter in each; for although the females are short and soft, they are generally round, thick, and abounding with moisture, which makes them weighty.

In comparing a good skeleton of a female with that of a male of equal stature, the following particulars are always remarkable: the *pelvis* of the female skeleton is not only more wide, but more deep and circular; the bones of the *ilium* are turned more outward at the brim of the pelvis; the *sacrum* is flat and broad; the *os coxygis* is moveable, and pointing outwards; the *vertebræ* of the loins are flat and broad; the clavicles are long and more straight: but the *vertebræ* of the *dorsum* are as large, the *sternum* as broad, and the thorax as deep as those of the male, in proportion to the length of the whole body.

The bones of the feet are shorter, the bones of the legs are shorter, although the bones

bones of the thighs are of a length equal to that of the male of the same size, but placed at a much greater distance from each other. These differences in the shape and size of the bones occasion a similar difference in the male and female subjects; for the female subject has short feet, short legs, large knees, long, thick, and round thighs; large and high haunches, short loins, round belly, deep round chest, large round breasts, placed at a great distance from each other, with large, pink-coloured, prominent nipples, pointing outwards, or diverging from each other.

A young woman so formed, brought up in a rude state, unaltered by dress or fashion, simply but sufficiently fed, and obliged to work hard every day, is seldom very tall, but always stout made, solid, and heavy, in proportion to her stature, although she moves with great ease and activity, by reason of her real strength.

This woman does not arrive early at the state of puberty; when she does, her periods are regular, the quantity of the menstrual discharge is small, and for a very few days only, without any pain or inconvenience, before or in the time of menstruation.

Ovid is in the right when he says, *Pallida virgo cupit*. This perfect woman I
now

now talk of is not lascivious ; all her appetites are calculated for the great purposes of nature only ; and, although her powers are great, her desires are moderate. Yet she conceives readily, but suffers so little from gestation, that she continues to do all her daily work as usual ; and her bulk lies so much in the *pelvis* and on the haunches, that one can hardly perceive it before the end of the sixth calendar month.

After the end of nine calendar months, or thirty-nine weeks, she is taken in labour, with smart pains at short intervals. The wonderful contraction of the *uterus*, her own natural strength, and perhaps that of a full-grown child, are altogether sufficient to expel the *fœtus* and all his appendages, in almost any direction. After which she is quite composed, falls into a quiet sleep, perspires freely, and the *lochia* flow abundantly.

As soon as she awakes, the bowels begin to move, and, if the labour has not been accompanied with a discharge of fæces, she will soon have a plentiful evacuation by stool and urine.

The open body, flux of *lochia*, and gentle perspiration continue for sixty hours ; after which the skin becomes more dry, the pulse more quick, with some degree
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of thirst, little shooting pains, and swelling in both breasts.

These febrile symptoms, or rather *exacerbatio critica*, continue from twelve to twenty-four hours, when the nipples begin to discharge freely, or are easily drawn by the child. By this discharge, the fever is sooner moderated, and a desire for food succeeds; but the flow of milk is not the only critical discharge attending the milk-fever: on the contrary, when all goes properly, there is an universal encrease of all the secretions and excretions for twenty-four hours.

After this *crisis*, the *lochia* decrease gradually, and terminate in fourteen days, leaving the woman free from every complaint, besides the trouble of emptying her breasts frequently, which however is amply compensated by the great pleasure of suckling her child; for the same form and constitution that qualify her for a good mother, enable her to make a good wet-nurse; that is, she will be able to maintain the child, for the first nine months, without any other food than her milk, or the least injury to her own health. After which she will gradually teach it to feed, and finally wean it at the age of fifteen months.

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The generality of wet-nurses in this town have the returns of the *catamenia* regularly, owing to their living so very full, and drinking strong beer. I do not find that this evacuation does any harm to the milk, because it seldom takes place but in such constitutions as require it. It is not so, however, in the countries where the wet-nurses are more sparingly fed, and obliged to labour in proportion to their diet.

With this woman, mother, and wet-nurse, compare a young lady of fashion, born of delicate, not to say unhealthy parents; half suckled for six months only, brought up with much delicacy, fed with butter, tea, and hot victuals; confined to her book, needle, and toilette; sleeping on a soft bed, in a close warm room; never exerting her strength, never once exposed to cold, hunger, or fatigue; walking on high-heeled shoes, and confined in stays.

These are some of the reasons why her fibres are too soft, and her natural form is altered. By the high heels, her body is thrown forward beyond her center of gravity. To preserve her *equilibrium*, she must bend her loins forward, and her shoulders backward: hence the back becomes too hollow, and the *vertebræ* of the
loins

loins are pushed inwards, so as to lessen the size of the upper part of the *pelvis*; while the head is pushed forwards, so that the whole neck and spine form the figure of the letter S, with the axis passing through the middle of it.

For such is the nature of the erect posture, that if the spine is bent in one part, so as to pass the *axis* in one direction, another part must be bent proportionably in an opposite direction, else the body must fall; and this is the reason why we find, that all crooked spines are doubly so. If you were to see a naked person walking on high-heeled shoes, the calfs pulled up, the knees bent forwards, the hips backwards, the spine like an S, it would disgust you more than one could imagine. Hence, when you mean to cure a girl of poking her head forward, take away the heels from her shoes, and draw the two *scapulæ* close together, which alone sets the whole body straight.

Stays are still more pernicious; for the compression round the middle forces the contents of the *abdomen* upwards against the liver, stomach, and diaphragm, and downwards against the *pelvis*, *uterus*, bladder, and *rectum*. Hence infinite mischief to all these organs, whilst the weight of the head and shoulders, being propt by the

stays on both sides, rests upon the margin of the *pelvis*; so that the *ossa innominata* are frequently distorted in the brim, as the *sacrum* is in the back part of the *pelvis*, and the muscles of the back are rendered so weak, that she cannot support her own weight without her stays.

The pressure of the stays on the points of the nipples push them quite in; so that, instead of prominent nipples, there only remain large brown spots, with a pit in the middle, where the nipple ought to be. I question, if such a woman could live long, were it not for the hours of respite during the nights and mornings.

Her limbs are long and small, her waist is long and slender, her neck is long and small, her breasts are flat, and her skin a dead white: so great and various are the mischiefs done to the ladies of fashion by the absurdity of dress, not to say any thing of the manner in which their heads are tortured.

This young lady soon comes to puberty, menstruates often, plentifully, and for many days; is very susceptible of tender feelings, and those passions that powerfully agitate weak nerves. Although her powers are not great, her desires are strong, and it was of her that Juvenal said,

Jam lassata vires, sed non satiata recessit.

She

She is apt to conceive, and the first symptoms of conception are severely felt by her. The whole state of gestation bears hard on her, not only from the narrowness of the *pelvis*, but also from the projection of the *vertebræ* of the loins forwards, and the weakness of her back.

Her shape, when with child, will shew the degree of her sufferings ; for her narrow *pelvis* contains little of the increased *uterus*, so that the bulk lies all forwards, and upwards quite to the pit of the stomach ; to support which she is obliged to bend her loins forwards ; and to support her shoulders, she leans her arms on her haunches, to supply the prop of her stays, now unable to act as formerly.

Those inconveniencies, added to the intolerable compression on the *viscera*, blood-vessels, and nerves, make her liable to miscarriage, and render it difficult for her to go even thirty-six weeks, or nine lunar months of pregnancy.

When the pains of labour come on, she will require the assistance of a skilful person, not only to deliver her safely, but also to direct the treatment of her and her weakly infant for many days. Hence the propriety of men-midwives in cities, although they are seldom necessary for labouring women in country places.

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I have said elsewhere, that pregnancy is a morbid state; the prodigious encrease of the *uterus*, and the resistance made against it by the containing and contained parts of the *abdomen*, occasion a proportional compression, not only on the *viscera*, but also on the great blood-vessels and nerves. Hence an irregular circulation of the blood and lymph, cramps, and other nervous complaints, which cannot be removed during gestation.

Thus the compression on the mesentery and mesocolon occasions a languid passage of the chyle and lymph; the compression on the stomach and intestines occasions an irregular digestion of the food, and interrupts the peristaltic motion of the guts; the pressure on the great bowels diminishes their size beyond what I could have believed without ocular demonstration: hence their secretions and excretions are retarded.

In short, every woman, during the last four months of gestation, is in a leucophlegmatic state of general obstruction, the encrease, or even continuation of which would prove fatal, if nature did not seasonably interpose, and bring on labour-pains in due time; by which the original cause of the disease is quickly removed, the *fœtus* with all its appendages is expelled,

pelled, and the various matters, collected during pregnancy, are evacuated by the proper discharges after delivery.

The degree of this *leucophlegmatia* depends partly on the make and habit of the woman, partly on the manner of living, degree of exercise, and other accidents, during the last four months of gestation. In all which the women of fashion are often negligent, and are therefore apt to suffer the most from pregnancy; are in the greatest danger of miscarriage, as soon as the distention of the *uterus* becomes troublesome; they are the most liable to complaints which succeed delivery, and even to fevers; especially such women as cannot give suck, whether from the want of breasts, nipples, or other causes.

Now it is evident, from the necessary alteration in the situation, shape, and size of many organs, and from the compression and obstruction occasioned by gestation, that pregnant women must be subject to some complaints peculiar to their situation, at the same time that they are not exempted from many diseases in common with other people.

It is also evident, that diseased women, or those whose natural shapes have been most spoiled by any accident, will suffer the most considerably; and that the child
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must,

must, in some degree, partake of the sufferings of the mother, so long as he remains a part of her, besides the risque from a bad *pelvis*. Hence the greater difficulty of rearing, and of giving good constitutions to the children of the people of fashion in this city.

Gestation being considered as a disease, labour-pains may be considered as the *exacerbatio critica*, and the delivery the first stage of the *crisis*; but, to render the *crisis* complete, and the recovery perfect, many other critical discharges, besides that of the *fœtus*, must be performed, together, or in regular succession, and in that degree which the particular constitution and circumstances of each woman may require.

Hence a species of diseases peculiar to puerperal women, at the same time that they also are not exempted from common diseases, but on the contrary are most easily affected by the sensible qualities of the air, contagion, affections of the mind, and other accidents. For this reason (by the bye) I have often wished, that those gentlemen, who have written so well on the puerperal fevers, had divided them into various species, according to the origin, progress, and termination of each, which would have determined the special method of treating each, according to the parti-

cular nature thereof, with much greater precision than when the whole is jumbled together under one denomination of *the puerperal fever*.

I do not mean to discuss this subject at present, but to explain what I mean; you will, I hope, forgive me for mentioning the variety of fevers which have occurred to me among puerperal women, in the course of my own practice, and to give my idea of the origin, progress, and termination of each, by which the special treatment of them will more readily appear. These are in number five, all differing from each other. 1. The *febris inflammatoria puerperæ propria*; the same with the *inflammatio uteri* of Hoffman, and the *retentio lochiorum* of Hildanus. 2. The *febris puerperæ putrida*. 3. The *febris puerperæ humorrhæalis*. 4. The *febris lactea*. 5. The *febris puerperæ maligna*.

1. To comprehend the nature and cause of the *inflammatio uteri*, it must be remembered, that the blood is, in general, very fizy during the whole time of gestation; that the *uterus*, during pregnancy, is not simply dilated, like a bladder distended by air or water, but gradually increased in all its dimensions by growth, like a gourd; for at the same time that its cavity is so prodigiously enlarged, its sub-

stance remains as thick as it was before conception ; its blood-vessels are enlarged as well as elongated, and all its sinuses extended, and filled with a certain *mucus*, which does not seem to be renewed during pregnancy.

The *peritoneum* also, and all the membranes of the *abdomen*, are much distended, and often become the seat of inflammation before and after delivery, as I have often seen by dissection.

Immediately after delivery the *uterus* begins to contract in all its dimensions, and to squeeze out the contents of its many sinuses and lacunæ ; hence the great flux of lochia ; and when this goes on successfully, the *uterus* recovers its former situation, shape, and size in a very few weeks, excepting perhaps some small difference from the *membrana caduca* of Dr. Hunter.

But if any stop is put to these operations, the flux of *lochia* is diminished, their colour is altered, and the *uterus* does not contract properly ; nay, if it should happen early, or before the muscles of the belly are contracted, you may often feel the substance of the *uterus* in irregular hard lumps, like a diseased *mammary*, by laying your hand above the pubis ; whereas it ought to resemble a round, equal, smooth ball, or cake, like a penny loaf.

If this situation is not speedily remedied, it will be succeeded by a considerable degree of heat, dry skin, thirst, quick hard pulse, and other symptoms of true inflammation; to remove which, bleeding is often necessary; and nothing but an emollient, relaxing, antiphlogistic, anodyne treatment will give relief. By an opposite treatment a suppuration has, sometimes, taken place, and true *pus* been discharged; but more frequently a gangrene comes on, with the sure marks of great inflammation on the surface of the *uterus*, *peritoneum*, intestines and bladder, as will be found on dissection. I therefore call this the inflammatory puerperal fever, *synochus inflammatorius puerperæ*.

2. But if the *lochia* should flow ever so freely, and if the *uterus* should contract ever so kindly, much more is still required towards the woman's recovery; for in the time of gestation the great bowels and intestines are apt to make collections of foul matter, which must also be seasonably attended to; else a fever comes on, as dangerous as the former, although of a very different nature.

This fever may have some symptoms in common with the other, such as pain and swelling of the lower belly, and sometimes much tension, like a tympany; but the lower part of the belly is not so tender, although

although the pit of the stomach cannot bear the touch : the pulse also is more small, more quick and soft ; the tongue more loaded, and the skin more soft.

To this I give the name of the *synochus putris puerperæ*, because I have seen it accompanied with petichial spots, and all the other symptoms of the *febris variolosa* of Sydenham ; and agrees with the same treatment, or rather that which I have recommended for the bilious colic. In this fever bleeding is seldom indicated, and repeated or large bleedings are always dangerous : the women are apt to sweat in it, but less relieved by that evacuation than might be expected.

3. In some women, whose bodies have been kept regular during pregnancy ; who have been carefully delivered, and properly evacuated in the beginning ; in whom the *lochia* and milk have flowed properly, and the *uterus* contracted kindly ; yet on the fifth, or more commonly on the seventh day after delivery they are suddenly seized with a rigor and fever resembling the *febris mesenterica* of Baglivi ; it seems to have its seat in the lymphatics, and to originate from the obstructions formed in the mesentery and mesocolon during gestation ; it has regular remissions and exacerbations like the *synochus non putris*, is often at-

tended with miliary eruptions, sometimes with a teasing cough, and terminates by a critical sweat after coction. It agrees with a treatment nearly similar to that which I have recommended for the *synochus non putris*, and therefore I call it the *febris humorrhalis puerperæ*.

4. On or before the fourth, seldom after the fifth day from delivery, most women are subject, more or less, to the simple milk fever, easily known and distinguished from those others. I have no reason to alter what I have said of it in my Observations on Fevers.

5. The last of the puerperal fevers is the malignant, to be met with only in hospitals, or among the poor people who are exposed to the mischiefs arising from foul feeding, nastiness or contagion. It resembles the gaol fever so much that I need say nothing of it here, having already given my idea of that disease in an Essay on the Pestilential and Gaol Fevers.

But to return to the tender infants of delicate mothers: It is evident that they will require great care in nursing, and that a good breast of milk is a *sine qua non* with them; indeed there is no certainty of laying the solid foundation of a good constitution without proper wet-nursing, even when the child is strong, and the parents healthy.

healthy. I always condemn the practice of bringing up children by hand, because I have seen such numbers of them die very young, and the others subject to a great variety of complaints before they came to the fifth year of their age ; in my opinion, they never turn out so well.

But when there is an intention of giving the child a better constitution than ever the parents had, and still more to get rid of an hereditary distemper, then every attention must be paid to the wet-nursing ; no trouble or expence must be minded, because a good constitution is the best inheritance that can be left to a child, and one of the greatest blessings in this life : I will therefore give my opinion of this matter, according to what experience has taught me.

I remember the time when I was convinced that every woman qualified to be a mother was also qualified to suckle her own child ; that no milk was so proper for the child as that of its own mother ; that every bearing woman required this discharge as much as any other, and often disputed these points with my worthy friend Sir William Duncan ; but longer experience and more accurate observation have convinced me of my error.

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The women of fashion are by no means qualified for wet-nurses: sometimes they are ill of fevers during the month; they seldom have a sufficient quantity of milk; the softness of their texture, the manner of their living, their dress and situation, all together, put it quite out of their power to perform the duties of a good wet-nurse; their feelings are so delicate, their anxiety so great, and their avocations so many, that their milk is always on the fret.

If a lady of fashion, after twenty-five years of age, with a good solid constitution, has had a good time, a good recovery, and a great flow of milk, I never object to her giving suck for three weeks, while she is confined to her chamber with the month nurse to take care of the child; her first milk, if there is enough of it, will scour the infant, and secure her against the milk fever.

But as soon as she begins to receive company, I wish to give the child to a stout, healthy, labouring woman, who can patiently endure the drudgery of wet-nursing, can give suck for twelve or fifteen months, has that quantity of milk which is sufficient to maintain the child, without any other victuals, for the first eight or nine months, and will nourish it all night long in her warm bosom.

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I know the difficulty of getting a woman who has natural strength and patience to give suck for so great a length of time, in the manner I propose; but this can be no objection to people of opulence, who can easily get another when one tires of the task; and I can aver from experience, that there is no danger in changing the nurse; so that the milk be good and plentiful, it matters not to the child whether the nurse be black, brown, or fair.

I have seen some difficulty in reconciling a child of nine months to a strange nurse; but being put to bed, and the new nurse laid by him in the dark, he soon took the breast, thought no more of his former nurse, and did very well.

During the first eight, or even nine months, the child should have no food besides the breast milk; indeed if there is plenty of milk he will take no other: then he may begin to get three or four ounces of bread victuals once a day for a fortnight, then twice a day for a month, then thrice a day for a month, then four times a day for a month; after which, he may have a cup of thin broth added to his victuals, to prepare him gradually for being weaned at the end of the fifteenth month, if the milk should hold good so long; but no milk should be added to his victuals so long as he

he sucks, because it makes too much curd for him to digest; and I think I have seen bad consequences from it; but as soon as he is weaned milk may be added to the diet.

I wish the child to lie at the breast, in the arms of the nurse, all night; the more he sucks, he will eat the less of other things; and a child should be plentifully, though lightly fed, because he must eat to grow as well as live; indeed he will agree with more victuals than one could conceive in proportion to his bulk: provided his food be thin, light, and not much varied, he need not be stinted, only care must be taken to keep his body regularly open; for infants who are well fed agree with an open body.

When I suspect a scrophulous taint in the child, I keep the body open by small doses of the tartar vitriolat, which operates best when much diluted, and a few grains of rhubarb added to it occasionally; but to prevent the gout in the children of gouty parents, I use magnesia and the milk of sulphur instead of the salts with rhubarb; for I observe that the children of gouty parents abound with acids, flatulency, and indigestion, whereas the scrophulous children have great appetites, and even digest much victuals, at the same time that they collect

collect phlegm and have their glands stuffed.

A scalled head, or a discharge from behind the ears, is of infinite service to these gross infants; nothing should be done to stop those issues, they ought to continue for three years at least, less time is not sufficient to discharge the foul lymph; I have seen infinite mischief done by healing them.

Infants agree with cleanliness, frequent rubbing, much tossing, and generally with cold bathing, and dabbling in water; to all which they are soon reconciled by habit.

With regard to clothing, I advise bare legs to harden the constitution, and only a thin cap in the day-time; but a young infant should be well covered when asleep, but suffer the fresh air to pass freely into his apartment, and let him breathe open air. Tender babes agree with much covering till they begin to take exercise so as to warm themselves; but at the same time nothing revives or strengthens them so much as the open air, whether cold or moderately warm, to breathe in.

I like to see a child crawl upon his belly, but I never desire to see him walk before he passes twelve months: when he begins to walk, I think a well-made pudding, instead

stead of his cap, proper to defend his head when he tumbles, which he will certainly do often.

After weaning, a child will eat of any thing, but every thing is not proper for him; and therefore much attention ought to be paid to his diet, according to his constitution, and the particular disease to be prevented. It is not possible to lay down any special method that will agree with all: in general, however, the following directions may be of some service to people of small experience.

All fat or greasy diet is improper; even butter must be used very sparingly: very fine oil is less hurtful, but that must be used rather as medicine than common diet. When mixed in equal parts with honey and currant-jelly, it may be eaten with bread in moderation.

Potatoes and unfermented pulse must be used very sparingly, especially by the scrophulous children; and even rich milk has too much curd, or glue, for their glands. Light well-fermented bread, mixed with small broth, or small quantities of the lean of meat, and seasoned with salt, agrees very well with them. But I never saw more healthy, nor more active children, than those who were brought up on dishes prepared from bread, fruit, cheese-whey,
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and butter-milk, with now and then new milk by way of dainty. I do not find that sugar is pernicious, if not used to tempt the children to eat too much. Provocatives and great variety are hurtful for this reason ; for children will always eat a sufficient quantity of any plain food when they are hungry, and I never wish to see them eat when they are not so.

A child never has too much exercise ; for as soon as he is tired he goes to sleep. His exercise should be, as much as possible, in the open air. Indeed, gouty parents should send their children to be nursed in an hilly country ; should order them to eat meat but once a day, and for two days in the week only ; to drink no fermented or spirituous liquor ; to run without shoes or stockings to the age of four years ; and the boys ought not to be breeched before twelve years of age. The original dress of the boys of Christ's hospital is very proper ; why they have altered the institution, by giving them breeches, I do not know.

I say nothing about diseases, because healthy children, thus suckled and brought up, have none but such as easily yield to the most simple treatment. Indeed, the solids acquire such a degree of firmness, the excretions are so free, and the juices are
so

so mild, that it is difficult, even by contagion, to introduce acrimony into the constitution ; but as the children of gouty parents are the most subject to weakness and softness in their articulations, so they require cold bathing, much walking and wading in water and snow, more than those of healthy parents.

It has been imagined, that the weakly children of delicate parents would be destroyed by endeavouring to make them hardy : but the reverse is true. What diet can you prepare for the most tender infant so easily digested, concocted, and animalized, as the fresh, thin milk of a temperate, healthy woman, which becomes more and more rich, gradually as the child requires substantial nourishment ?

What dress can you contrive so proper for a delicate child, as that which covers him from the inclemency of the weather, but allows perfect freedom to every part of the whole body ? Stockings cramp a little, shoes a good deal, breeches still more, and stays most of all.

By what means can you procure firmness and elasticity to the fibres, without open air, hard rubbing, constant exercise, and the use of cold water ? But it cannot be necessary to use many arguments to prove a fact, of which so many living testimonies

nies can be easily produced; and it is pleasant to see the child thus brought up, how strong he is on his legs, how quick in all his motions; leave him to his own inventions, he will go out into the fields, he will be delighted with the rain, and paddle in the water from morning to night, without the least injury to his health; but on the contrray, gradually as he advances in life, he will betake himself to catching of birds, or fish, exposed to the wet and cold air all day long; he will prefer his sports to the pleasures of the table, and never once think of home till he is ready to perish through hunger.

When he returns, he will eat heartily of what you please to set before him, and feel no inconvenience from the quantity or quality of his food. Nothing hurts him but suffering his wet cloaths to dry upon him, which may easily be prevented in a boy who goes without shoes, stockings, and breeches; nay, by degrees he will become so hardy, that he will sleep in his wet cloaths, on the damp ground, in the open air, without the least injury. But what is still more surprising, as soon as he has made a ravenous meal of any solid food, suppose unfermented bread and cheese, and drank a great draught of cold

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water, he will feel himself quite refreshed, lie down and sleep sound for six or eight hours; then get up in high spirits, without the least weariness or indigestion, and in an hour after eat a second hearty meal, sufficient to last him twelve, or even sixteen hours, although in high exercise all that time.

After this manner, without variety of victuals, raiment, or exercise, he will go on, quite contented, *for six days out of seven*, and for many years together; during which time he rarely sweats in bed, has one costive stool a day, never breeds the least *ruetus* or *flatus*, never has the least *fætor* or froufiness about him, his tongue and teeth always clean, his breath sweet, his hand cool, and his skin temperate; he performs all his exercises with ease, agility, and pleasure; he walks rejoicing in his strength, and prosecutes his sports with a firmness, temper, and patience, credible only to such as have often seen it.

When men thus brought up were sent to the West Indies, I concluded, that they must have suffered exceedingly, from so sudden and great a transition from a cold to a very hot climate; but I was much mistaken, for they bore the climate better, suffered less by sickness, recovered danger-

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ous wounds sooner than others on the same service, although they were equally exposed, and did more duty : so great is the advantage of laying a proper foundation of constitution in early life.

I have often thought that the Author of Nature, who has made man the most universal of all animals, and qualified him to live in all climates and countries, has likewise put it in his power to become the most active, most hardy, and, by the same means, the most healthy and long-lived of all animals.

But if men will abuse the blessings of Providence, if, instead of satisfying the real demands of nature, they will give way to the gratification of a luxurious and reprobate sense, they have no right to expect the blessings of good health, nor the satisfaction of a numerous, healthy posterity. To such men, wealth and the power of gratification become a curse, not a blessing, and we all have seen instances of it. They are however old, and now past recovery, being unable to conquer the evil habits contracted in infancy ; habits which have grown with their growth, and strengthened with their strength, till they are become a second nature. But I have some hopes, that their own sufferings will make them think, and turn their attention to

their children, to bring them up in temperance, accustomed to bear labour, hardship, cold, hunger, and fatigue: the only means to procure them better constitutions than ever their parents had.

C H A P. III.

The simple Method of curing the atrabilious Temperament when recent.

IN the first chapter, I endeavoured to prove, that the gout is not produced by the climate of this country, but is originally the creature of sloth, luxury, intemperance, and anxiety; that the present modes of living have encreased it; that it is a disease, not of any one humour or organ, but of the whole constitution, and therefore hereditary.

In the second chapter, I gave my opinion concerning the most proper means of rearing children, so as to give them better constitutions than their parents, and to prevent hereditary diseases. To insure success, however, this temperate hardy mode of living ought to be continued to the age of twenty five years.

For although, in this country, puberty may take place at the age of fourteen,
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and the law gives full freedom at twenty-one; yet from the number of young people that die from a soft texture of solids after that age, I am constrained to believe, that the constitution is not properly settled before the age of twenty-five years.

When a constitution has been well founded, and has remained unhurt to the age of twenty-five, it is not easily altered by common irregularity; and it may require twenty years, for aught I know, to breed the *temperamentum podagricum* in such a constitution: but still I say, that excesses, foul feeding, voluptuous living and anxiety will, sooner or later, alter the most hardy constitution, and breed all the varieties of the *temperamentum melancholicum*, of which the gout is one.

In the chapter on the *atra bilis* I have enumerated the varieties of the *temperamentum melancholicum*, and given a short discussion of two of them, viz the *morbis hypochondriachus cum materia* and the *peripneumonia notha*; and now I mean to consider two more of them, viz. the piles and gout.

To understand the origin and progress of these diseases, let us consider a little what has passed under our own eyes; we have often seen a young man blooming, strong, healthy, and active on his arrival

in this town; this man never felt pain nor sickness till he had been several years settled in London; that is, till the nature of his business and engagements had obliged him to give up his former exercises and diversions; till his mind had felt all the anxieties, vexations, and disappointments inseparable from his new situation; till he had contracted a taste for luxurious and voluptuous living; perhaps picked up, now and then, a venereal complaint, which obliged him to take a course of debilitating drugs; till, in short, he had exchanged the pleasures of the country for those of the bed, the table, Change Alley, or White's Chocolate-house.

These causes, long continued, gradually altered the whole constitution, and brought on that temperament which the ancients, especially the Greeks, imputed to obstructions in the liver alone, because in such people they found the liver overgrown, and filled with black blood, and a dark coloured bile; hence they called it *temperamentum melancholicum*.

But a more perfect and general knowledge of the human body, and perhaps a more accurate observation and attention to the origin and progress of the whole disease, have taught us to know, that it is

not confined to the liver alone, but that all the other organs are also affected.

The truth is, that a young animal eats and drinks not only to live, but also to grow and extend in every part; he is to become daily more and more heavy, and will therefore consume much food, in proportion to his size, without any indigestion or evil consequence to his health, or oppression on his spirits.

But as soon as this animal has come to his *acme*, and his constitution is settled, then he requires no more food than just what may be sufficient to supply the daily tear and wear of the parts; hence his weight ought to continue exactly the same, comparing one day with another, for a long series of years; hence the quality and quantity of his food should be in direct proportion to the quantity and duration of his labour.

Every increase of diet, or uncommon diminution of labour, occasions an accumulation, or encrease of weight, the forerunner of these symptoms, which have been ascribed to the encreased acrimony or quantity of the *humor atrabiliaris*.

Of them the piles is one, very frequent in this city; and although it is only a *febris in parte*, yet it occasions so much heat and pain as to melt down some of the

superfluous fat, encrease the natural secretions and excretions, and considerably reduce the redundant weight of the whole body.

It is now some years since I have advanced, that people who are subject to the piles when young, are liable to the gout in a more advanced time of life; then the piles subside, or give very little trouble, although formerly as regular and tormenting as the gout itself. I have observed that these two diseases are preceded by the same *terrentia*, occasion the same symptoms when repelled, are prevented and radically cured by the same means; and in the land where there are no piles there is no gout.

That piles also to a certain degree prevent the formation of the gout, and seem to evacuate the gouty matter so as to supply the want of a fit; but when the gout is once well formed, and the regular fits return periodically, then the piles cease entirely, or give very little trouble.

Successive observations have since confirmed those propositions, and convinced me of the affinity between those two diseases, as being of the same nature, and originating from similar causes, or different modifications of the same causes, according
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to the difference of age, and other circumstances of individuals.

Pregnant women are subject to piles, the hæmorrhoidal veins being varicous, and the cellular membrane round the *rectum* being swelled and extended from the obstructions and compressions taken notice of in the former chapter, all which soon subside after delivery.

But what I here treat of are piles of a different nature, arising from, not only a degree of obstruction in the *viscera* of the *abdomen*, but a fluxion of acrid matter on the *podex*, by which those parts are inflamed, and often discharge a morbid matter critically, so as to prevent or remove dangerous and more internal diseases.

Piles as well as gout are periodical distempers, gradually encreasing in frequency and duration, so that the succeeding fits, if not more violent, are more and more frequent than the former, and withal so protracted as nearly to overtake each the other, and finally render the torture continual.

In the beginning the fits are so short and the intervals so long, that people are apt to forget what they have suffered, and will not do much to prevent the returns: thus the disease is neglected till it becomes inveterate, the patient hardened in his habits,

habits, and the constitution so broken, that he has neither strength nor resolution to persevere in the means of a cure; he dares not encounter those self-denials and hardships which the case requires.

Hence radical cures are few in number; for although the violence and duration of a fit may be moderated, and the frequency retarded by a proper and seasonable application of medicine, yet a radical cure cannot be expected, unless the patient will submit to a great reform in his manner of living.

For the effect must always follow the cause; you must therefore remove all the causes, and then the effect will gradually cease; what they are I have endeavoured to explain in the first chapter.

I am surprised to see some people, in other respects judicious, attempt to remove constitutional diseases by drugs, at the same time that diet, air, exercise, and mode of living are disregarded; although it is by these alone the constitution must have been originally formed; by an improper use of them the constitutional diseases are bred; and by a judicious use of them these diseases are always prevented, and sometimes cured. Surely Sydenham could not be serious when he talked of the possibility of a specific for the gout. Can
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any man expect that there is a drug able to alter the shape, size, and texture of perhaps every organ in the body?

In the first chapter I endeavoured to shew the effects of high and low living; I will now briefly point out some of the effects of high and low situations in the formation of constitutional diseases, and the propriety of changing situation, without going out of the kingdom, in order to cure them, according to the nature of each.

In all the cold countries where I have been, the high and inland parts are bleak, barren, and ill cultivated; of course the people are exposed to cold, hunger, and fatigue from their infancy: the air is light, pure, and piercing, and the water is light, soft, and free from mixture; hence the spirits of the inhabitants are equal, the body light, the appetite keen, and the digestion perfect.

For such is the effect of continual hardship, that it renders the body thin, light, healthy, and hardy, and the mind rational, steady, contented and tractable; hence the blood of such people is naturally fizy, and their fibres rigid; of course their diseases are inflammatory, and often require large and frequent venesections.

But I have seen many of them subject to such inflammatory catarrhs and rheumatisms

tisms as could not be conquered without changing their situation; accordingly they were removed to the more flat and cultivated part of the country, by the sea; where, by breathing a soft, heavy air, by sleeping on soft beds, in warm rooms, and by a complete change in their manner of living; their constitutions were altered, and their healths restored, with very little medical assistance.

On the contrary, the Lowlander, who is apt to be relaxed, and filled with gross and acrid humours, is liable to obstructions, and chronic diseases of an opposite kind, and often as much beyond the power of medicine.

I have seen many such cases radically cured by sending the patients, yearly and regularly, to drink the goats whey in the mountains, during the summer season; by which means the air, diet, and manner of living were completely changed, the superfluous bulk reduced, the obstructions resolved, and the acrimonies corrected.

All men of observation know that the high and low situations, between the same parallels of latitude, have a considerable effect in forming the constitution, countenance, and even the disposition of the inhabitants, as well as their diseases; it is therefore evident that the diseases occa-

sioned by a flat, are best cured by a seasonable removal into the high country, and *vice versa*; which ought to be attended to in all cases.

This species of practice is difficult in some cases; because a person, bred up in luxury, cannot, without much fortitude, be brought to live in a rude manner, as must be the case in a mountainous country.

But when I consider the miserable objects every day before my eyes, and what I have seen effected by regimen alone, I am surprised so few have resolution to make trial of it; of this I will give you a few examples, and then make some reflections upon them.

In the year 1752, at Paris I was acquainted with a Mr. M——, who early in life had connected himself with the Duke of Ormond, and followed his fortune to the last; in this walk of life he had enjoyed all the luxuries of the bed and table, and suffered every vexation of disappointed ambition. By these means he first contracted the piles; and then the gout, by which he lost the use of his limbs. In this situation he resolved to try the benefit of water-drinking; and finding it agree with him, he continued it ever afterwards: “ To this
“ alone, said he, I am indebted for that
“ equal flow of spirits you seem to admire;
“ by

“ by it I have recovered the use of my
 “ limbs, and lived free from pain for these
 “ sixteen years; my sleep is now refreshing,
 “ and my days are pleasant.”

Mr. M——, at the time I saw him, eat heartily of any thing he liked, and washed it down with a great deal of cold water, of which he was a perfect connoisseur, and rather difficult to be pleased; but in considering the whole life of this gentleman, I have reason to believe, that water-drinking was not the sole and whole cause of his recovery.

Soon after the death of the Duke of Ormond, the affairs of Europe took such a turn as put an effectual stop to the ambitious expectations of Mr. M——. The consequence was, that before he was worn out, he resolved to live and die a private gentleman.

Retiring therefore from the busy world, he applied himself wholly to the study of his health and amusement; instead of writing twenty letters of a morning, he read comedies and romances; instead of thirty dishes to dinner, he was contented with a soup and boullie, or a boiled chicken; instead of six different liqueurs, and as many sorts of wine, he drank a full quart of cold water; instead of riding in a coach, he walked a great deal every day; instead of
 hot

hot suppers, he eat fruit or fallad, with bread and water; instead of gaming, he went to the French comedy, or drank coffee with a friend; and instead of nightly riots, he went to bed regularly before eleven o'clock.

These were the co-adjutors which rendered water-drinking equal to the cure of the gout, and by which any recently contracted gout may be cured if seasonably applied, and steadily prosecuted for a proper length of time.

It is not in the power of every gouty man to cut out of business and live as he pleases, but I have known a great deal done by a middle course, *e. g.*

John Grant, of Torfhea, was born in the Highlands of Scotland, where he remained twenty years, and laid the solid foundation of an excellent constitution; he then went to Edinburgh, applied to the study of the law, became a Writer to the Signet, and acquired a competent fortune.

He was a very joyous companion, lived freely, became fat and bloated, and at the age of thirty-five contracted the piles. Having never seen such a complaint in his own country, he was much alarmed, sent for a physician an intimate friend of his, who soon relieved him from his fears and
pain,

pain, by bleeding, purging, and proper diet.

These piles returned at different periods, and obliged him to lose some blood, and take a few purges with sulphur occasionally; but as the disease was not dangerous, nor of very long duration, he did not think it necessary to alter his course of living any longer than the pain lasted.

About the fiftieth year of his age, and after a great debauch, he was suddenly seized with the gout in both feet; again he sent for his physician, who told him that it was the gout, a disease not curable by medicine; not dangerous in its nature, but dreadful in its consequences; for, said he, it will last for some weeks now, then return yearly with more violence and duration, gradually destroy the use of the limbs, and be hereditary in your family for ever.

Certain of the sincerity of his friend, convinced of the ability of his physician, and struck with so melancholy a prospect, he held up his hands and cried out, *What shall I do to be saved?* to which the physician replied, that he should go North in April, to drink the goat's whey; abstain from all spirituous and fermented liquors; eat only kid, lamb, game, and river-fish, to dinner; but have whey or butter-milk for breakfast and supper.

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That he should walk all he could every day, and learn by degrees to go a fishing, and wading in the rivers; sleep on hard beds; go early to bed, get up early, and in short bring himself gradually to the same hardy manner of life to which he had been accustomed when young.

Six months every year he passed in the North, and practised these rules as well as he could; in October he returned to his business in Edinburgh, and there he continued to pay some attention to his manner of living.

At times, however, he was guilty of great excess in drinking, for which he did penance *toties quoties*; for as often as he exceeded the bounds of sobriety, he constantly sat up all night watching for the light of the day; then he walked out into the country, and strolled about till he perceived that his stomach had conquered the debauch.

By much walking, and long fasting, he at length became hungry; then he went into the nearest farm-house, and there he had some milk with bread, after which he walked home to refresh himself with sleep.

He was guilty of these frolics perhaps five or six times in the course of the year, but for ordinary he was regular and temperate, and recruited himself yearly by his

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expedition

expedition into the mountains every summer.

Walking had long been his favourite exercise, but he was reduced to riding when I knew him; he was then far advanced in life, had been radically cured of the gout many years, lived in good health and the full enjoyment of all his faculties to the age of ninety; at the age of eighty-five, he was my correspondent; his letters were well penned with his own hand, and full of humour; in one of them he tells me his age very wittily.

By a steady perseverance of such means for a proper length of time, there is no doubt a recent gout may be radically cured; and I should think the hardship cannot be insurmountable. When he found that he had quite conquered the gout, he then spent the far greater part of the year in Edinburgh, where he did much serious business, and was often obliged to live irregularly.

He however prevented the return of the gout, by spending only the summer months among the mountains, and living, like Pan, among the shepherds, till he recovered in summer all the health he had lost during the winter months of business.

Indeed half the year so spent will do more towards restoring the tone of relaxed solids, and correcting the acrimony of the
juices,

juices, than one can easily imagine; of this I will give one instance out of many which I have seen.

A——— D— of A———, some years before his death, consulted me for a fluxion of acrid matter on his leg, which was suspected to threaten the dry gangrene of old age; the question was to determine, whether Bath water, sea water, or goat's whey, was the most proper in his case?

After some deliberation, I gave the preference to the goat's whey, knowing it to be a very powerful antiscorbutic, and I expected much benefit from the air of the mountains as a restorative.

This advice coincided with his own opinion, and for that reason perhaps was followed; the effect, however, was very salutary, for he returned in perfect health the winter following.

The Duke was very accurate in his medical observations, which rendered his conversation on that subject pleasant and instructing; he gave me a very minute detail of his whole proceeding from the time he left London till his return, and all the remarks he had made upon it, to the following purport:

“ I found, said he, that the air of these
 “ mountains, from the very first day, had
 “ a remarkable good effect on my spirits;

“ after my whey in the morning I always
 “ had a most refreshing sleep, and for that
 “ reason I repeated my whey going to bed,
 “ by way of supper, which not only made
 “ me sleep, but cooled my inside and cleaned
 “ my tongue.

“ I continued my usual breakfast, and
 “ eat fish, or meat, with garden stuff to
 “ dinner; but you must observe, that my
 “ fish is neither rank nor muddy, and that
 “ my meat differs much from London
 “ meat; for although my kid, veal, and
 “ lamb, are full of juice, their flesh is not
 “ so white, nor are they so fat, because I
 “ take care that they live on the mother’s
 “ milk only, and are never confined from
 “ air and exercise.

“ Beef and mutton taken from the
 “ pasture, I prefer to that which is stall-
 “ fed; and although my poultry have as
 “ much grain as they please to eat, yet they
 “ are at full liberty to run about and divert
 “ themselves; my wild fowl and venison,
 “ though hard in the flesh, are excellent in
 “ flavour, and easily digested when dressed
 “ either in soup or ragout; but I observe
 “ that plain broiling is a species of cookery
 “ which agrees very well with me.

“ I found no inclination to eat of many
 “ things at one meal, and the moment I
 “ perceived my craving appetite was satis-
 “ fied,

“ fied, I ftopt or quitted the table till the
 “ victuals and defert were removed, for I
 “ keep a batchelor’s *menage*, where I con-
 “ ftrain no man, and no man conftains
 “ me.

“ When the wine was put down, I re-
 “ turned to the table, joined in the jollity
 “ of the company, and drank that wine
 “ which I liked beft as long as I relifhed it
 “ much, and no longer; fome days I was
 “ quite fatisfied with two glaffes, and fome
 “ days twelve were not too many for me;
 “ if I became drowfy, I lolled in my chair,
 “ fhut my eyes, and repofed myfelf, at the
 “ fame time that I was amufed with the
 “ mirth of the company; but if their noife
 “ proved fatiguing I always retired.

“ In fhort, I endeavoured to gratify the
 “ real defires of nature in all things, and
 “ not give way to falfe, vitiated, or de-
 “ praved appetites; the only task I impofed
 “ on myfelf was a certain quantity of exer-
 “ cife, for I had experienced that my con-
 “ ftitution required riding two thoufand
 “ miles yearly in the open air; and as I
 “ calculated the journey down and up but
 “ one thoufand miles, I was obliged to
 “ make out the other thoufand by riding a
 “ certain quantity every week.”

“ After my arrival in the Highlands, I
 “ ufed none of Taylor’s medicines, nor

“ Middleton’s dressings, and yet I recovered
 “ very fast in all respects; nay I believe
 “ that all chronic distempers, arising from
 “ gross acrid humours, and relaxed fluids,
 “ ought to be treated, and may be cured by
 “ such a regimen.

“ All this might be executed in any
 “ country, except the goat’s whey, and the
 “ air of the mountains, for which, how-
 “ ever, it may be difficult to find a *succe-*
 “ *daneum*; and if we consider the quantity
 “ of air that enters into the composition of
 “ all we eat, drink, inspire, and inhale;
 “ if we consider that three-fourths of our
 “ most solid parts are fabricated from and
 “ consist of air, we shall readily conceive
 “ that our state of health and spirits must
 “ greatly depend upon the nature of that
 “ atmosphere which surrounds us.

“ I look upon the goat’s whey to be an
 “ excellent preparation of the antiscorbutic
 “ plants, more resolvent and deobstruent
 “ than Boerhaave’s expressed juices of the
 “ acrid herbs, less offensive to the nerves,
 “ and less relaxing to the fibres, than large
 “ quantities of neutral salts. Is it not Bacon
 “ that calls whey the most powerful of all
 “ the antiphlogistics, and does not Syden-
 “ ham recommend it as a specific for the
 “ rheumatism? Old Boerhaave cured all the
 “ English by whey and butter-milk, by
 which

“ which he offended the Leyden apothecaries, and all the drug-merchants of Amsterdam.

“ Into his whey he ordered some herbs, but his dependance was on the whey; and if he had known the benefit of mountain air, he would have ordered that also; but this could not be expected of a Dutchman.”

The Duke was naturally strong, and very healthy, but lived fast for many years, and entered early into public business, where he suffered all the anxiety and vexation inseparable from the political struggle for honours, power, and riches: enough to destroy the best set of nerves. I am satisfied, that nothing but this seasonable alteration in his manner of living could have preserved his health, spirits, senses, and faculties, to the age of seventy-seven, when he died without pain or trouble.

On the day of his death, he complained of a sickness at his stomach, for which he intended to have taken a vomit, as was customary with him for that complaint, but was prevented by company coming in. Then he expected to remove it by riding out, and amusing himself at different shops. The sickness, however, continued till three o'clock, when he returned, fat
G 4
down.

down in his chair, dropt asleep, and died without any struggles.

It is a difficult task to conquer habits of old standing, especially in constitutions much debilitated by age or infirmity; because it must be done by slow degrees, and much time is required. But vigorous people do not require so much caution, of which I will give one remarkable instance.

Dr. M'Kenzie, of Constantinople, was brought up at the Scots college in Paris, with great strictness and temperance. As soon as he quitted the college, he became acquainted with some young gentlemen, who taught him to live very freely, which he continued for many years.

He first contracted the piles, and afterwards gout and rheumatism, or rather an *arthritis vaga*; by which he lost the use of all his limbs. In this situation, and at the age of fifty, he resolved to make a complete change in his manner of living. He all at once gave over the use of spirituous and fermented liquors, as well as all kinds of animal food.

At the age of ninety, he came over to this city, where I became well acquainted with him, and had the following account from his own mouth.

“ At the age of fifty (said he), I was a
 “ miserable cripple, when I began my pre-
 “ sent

“ sent manner of living. In six months
 “ I was free from pain, and in twelve
 “ months the swellings were gone, and I
 “ could walk a little. In a year and half,
 “ I could use all my limbs as well as ever;
 “ and from that time I have never tasted
 “ any animal food, nor any other liquor
 “ than tea, coffee, water, or milk. I
 “ never felt pain nor sickness for the last
 “ forty years; my spirits are good, and
 “ my sleep is not disturbed.

“ I walk with pleasure from Pall-mall
 “ to your house, and back again. Indeed,
 “ I like walking, and prefer it to any
 “ other mode of travelling. So long as I
 “ can walk, I fear nothing; but if any
 “ accident was to deprive me of this ex-
 “ ercise, I should not expect to live much
 “ longer.”

I often observed, that this old gentleman had a great appetite; for although his diet was vegetable and very simple, yet the quantity was great. I also observed, that he drank much water, although his diet was such as could not occasion much thirst.

When I knew him, he indulged himself with a little butter to his bread, which he had not done when in Turkey. This method succeeded with Dr. M'Kenzie, because he was a man remarkable for strength of constitution; but weakly people, or such

as

as are worn by age or infirmity, will not bear so sudden a transition ; they must proceed gradually to dilute their wine, and encrease the quantity of water, diminish the quantity of animal food, lead a less sedentary life, and think less intensely ; then gradually encrease their exercise both in violence and duration, till they become temperate, active, and lively.

The gout is generally believed to be a disease of old age ; and as soon as a man becomes gouty, he is often supposed to be on the decline of life, consequently to require a restorative diet, and strong liquors : whereas the reverse is the truth.

All spirituous liquors ought to be considered as narcotic drugs, of great utility when properly and prudently administered as medicines ; but never can be necessary in common diet, at any age, more than other drugs of the same nature. The power of habit indeed may render any drug necessary, in some degree, to such as have debauched in the use of it ; although, in its own nature, it should be rather pernicious than salutary.

Experience teaches us, that thousands in this country are destroyed by spirituous liquors, at the same time that many whole nations live long without ever tasting fermented or spirituous liquors, and yet enjoy

joy the most perfect health, and suffer as little as can be from old age. I know a very healthy man (Mr. A.), now advanced in life, who has been in all countries and climates, but never once drank spirituous or fermented liquor of any kind.

Old age is a state of universal rigidity; many small vessels are obliterated, many secretions diminished, and many fibres become too rigid; all which symptoms are greatly encreased by the use of spirituous liquors.

The same drying quality renders the use of spirituous liquors pernicious to young animals, by spoiling their growth, occasioning glandular obstructions, and laying the foundation of many diseases.

The deleterious effect of strong drink is least felt by people in the middle and full bloom of life, when their natural vigour is best able to conquer the noxious qualities of the drug; but as soon as one enters upon the decline of life, he ought carefully to avoid every thing that tends to load or oppress nature, or render the fibres more rigid. But if an evil habit, or any constitutional debility, should render the use of strong liquors necessary, let it be taken medicinally, as occasion may require, but never wantonly.

What has been said of the difference of one spirituous liquor from another is not well founded; in general, that which is oldest and smallest is the least pernicious. To render our common spirits safe for common use, they ought to be diluted with thirty times their quantity of pure water. With regard to fermented liquors, that which is perfectly ripe is best for common use. Burgundy requires six, and claret five waters, and so in proportion for stronger wines. I am of the same opinion with Sydenham and Cheyne, that ten-shilling London small-beer is a very good liquor for the gouty people of this city, who are accustomed to strong drink; and that they require nothing stronger for common use.

These things, however, must be determined by the observation of each individual; for the variety of constitutions renders it impossible to lay down rules which will equally agree with every one.

In general, not only spirituous liquors, but even the use of narcotic plants, is detrimental to weak nerves. Of these plants there are four sorts much used here, *viz.* tobacco, tea, coffee, and opium.

All of them possess an intoxicating quality, which renders the use of them pleasant; although this very quality renders the

the constant use of them suspicious : some people are greatly affected by them, others use them freely with impunity, and one's own observation is the best guide in all doubtful cases ; of them coffee seems the least offensive to gouty people, for the Turks, who debauch in coffee, have no gout.

Gouty people are frequently impatient of heat, and for that reason are often thinly clothed ; but this is an error : for perspiration is of great consequence to them ; and although they should be much exposed to the open air, yet they should be warmly clothed ; and although they ought to sleep on hard beds, in large, ill finished chambers, yet their heads and bodies should be well covered in bed, and they should use strong fires.

From what has been said in this and the two former chapters, it is evident to me, that it is impossible to cure the gout by drugs ; and that the man who expects to discover a specific for it, does not understand the nature of the disease.

But it has been often radically cured by diet and mode of living, without any injury to the health of the patients ; on the contrary, they have lived to great old age, and enjoyed perfect health ever after the gout has been removed.

What

What that mode of living is, I will endeavour to point out, addressing myself to the opulent only, who happily are the proper objects in this case; for the indigent seldom suffer much from the gout.

The intention is simply to convert a soft, delicate, pampered, indolent man, into a clean, light, hardy, active one; all which may be done with great certainty, and without any danger, provided only that it is entered upon before the constitution is much broken by age or distemper, and steadily prosecuted by regular, slow degrees, for a proper length of time.

There may be many different methods of answering this intention, according to the different circumstances of individuals; in my opinion the following will be found effectual, because I have seen it succeed; at least, it will serve to convey my ideas, which may be varied according to the exigencies of the case.

Let the patient be removed, early in summer, into a mountainous country, far from the coast, and there let him drink the goats whey night and morning, beginning by small quantities, and gradually encrease it as he finds it agree with his stomach; if it should blunt his appetite for solid food, he will not be at any loss, for whey affords
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an excellent nourishment for people who are not able to take exercise.

For breakfast he may eat bread with tea, coffee, or butter-milk; nor would I advise good new milk, even for breakfast, before he is able to take some exercise after it.

Four days in the week he may eat the lean of meat to dinner, with some vegetables, provided only that the animals killed for his table be fed in the open air, in full exercise, in good health when killed, and well blooded. He ought to begin with young meat, game, or wild venison; but gradually as he increases his exercise, he may eat the tender and lean part of beef, mutton, pork, or poultry.

He may also eat fish of every kind that is not of an heavy fat nature; but he must not use any greasy sauce, nor mix fish with flesh in the same day, nor indulge with much variety of any kind in one repast.

When he eats animal food, he may wash it down with small beer, or wine properly diluted, or spirits mixed with thirty times their quantity of water; at all other times, and when he does not eat animal food, the best common drink is good cold water. And here I must repeat, that although I never saw the gout brought on by strong drink alone, yet I never knew the gout bred without the aid of strong liquors;
and

and many gouty people of my acquaintance are much relieved since they have given up the use of wine, &c. I do not find that tea or coffee do near so much harm as wine and spirits; but what surprises me is, that beer is less pernicious than wine; nay, there are some very observing men who assure me, that home-made currant-wine hurts them much less than foreign wines of any kind.

He must go early to bed, and get up early, on purpose that he may drink his whey, and have a walk before breakfast; after breakfast he must again walk out, and by degrees go a fishing, and wading in the water all day long. This is the most powerful of all remedies against gout, scurvy, and scrophula; nor is it attended with any danger, if one observes to shift his wet clothes before he sits down to dinner.

This precaution is often neglected; because a man, returning wet and fatigued from fishing, is mad with hunger, and has no patience till he has filled his belly: happily, however, a man in this course of life is not easily injured, as I know from certain experience; but there is no occasion to run any risque, and it is better, as well as more comfortable, to shift before dinner.

After this hearty dinner, he will require

no other supper than his whey, or perhaps a little basin of butter-milk; then get himself well rubbed, and so go to bed at an early hour.

This ought to be practised, every year, from the beginning of May till the end of August; after which, the people who are subject to obstructed bowels, scrophula, or inveterate scurvy, should go to the sea, and there drink and bathe for six weeks, or longer, as it may agree with them; for sea-bathing does not equally agree with all gouty habits.

But when it agrees well, which is often the case, it ought to be continued for some length of time; after which, cold-bathing will generally be of service.

By bathing and friction the skin is not only cleaned, but strengthened; to this great attention should be paid; for the skin is a large gland, which ought to perform a secretion very essential to the preservation of health.

Bathing and rubbing constituted one half of the practice of physic in former times, for the cure of chronic diseases; and indeed by a proper choice and regulation of baths, cold, warm, and medicated, with proper frictions and liniments, according to the exigency of the case, much may be done in obstinate distempers of all kinds.

The medicated baths of the ancients were chiefly sea-water or salt-water; but the rubbings and anointings either before or after, or both before and after, were never neglected. Sulphur rendered soluble in water, and a great variety of ingredients, may be used with much advantage in the form of baths; after which, dry rubbing, or anointing with oil, according to the intention, will be of infinite service in many cases.

The advantage of these operations is well known to the Indians, Russians, and Turks, although not conducted with all the skill of Celsus; who, by the bye, is an excellent guide in these matters. Bath water agrees with many, and they ought to repeat it before the winter sets in; but in all places and seasons gouty people must, as much as may be, conform to the above rules of diet and exercise.

What hard exercise can do in preventing the return of the gout is evident from what we see happen to coal-heavers, porters, postilions, and the hard-working people about London; who eat much butter, fat, and gross food; and drink nothing but fermented and spirituous liquors.

The violence of their labour is so great, that it digests and concocts every thing; while the various acrimonies of their diet

are carried off by the quantity and nature of their transpiration.

I have often remarked, that as long as they work hard and perspire much, so long they continue in health; but if age or accident prevents them from hard labour, they become diseased, and die miserable. Old age is not common among those hard working people; not because they labour, but because they continue their excesses when they do not labour.

For the diet and degree of exercise must for ever be in proportion; so that a man who eats like a porter must also work like a porter, else he will soon become diseased.

I reckon no degree of motion proper exercise that is not sufficient to make a man sweat; and for this reason, walking is preferable to riding, and a carriage is not sufficient to answer the purpose.

But to restore gouty people, and prevent the return of the fit, I know no exercise equal to wading in the water; this has a particular effect on the constitution, beyond what I can account for, in all the atrabilious complaints; and this I repeat because it is the only specific I know.

Buzaglo's machines have been of service to some, who were not in a condition to take proper exercise; for what with torture, and what with moving and straining

the parts, he worked them into a sweat, by which they were relieved for the time; for external pain does not injure gouty people.

Hitherto I have said nothing of medicines; because a man, living as I here propose, will not require many, probably none: but it is proper that gouty people should, at all times, have regular stools; for this purpose I have found nothing so advantageous as the washed flowers of sulphur, taken at night, in some milk; from one to two drachms, according to the effect, and repeated often: and when the bowels are windy, or the digestion imperfect, small quantities of rhubarb, taken immediately before dinner, agree with most people.

During the cold weather some people are tormented with a species of scurvy, and wandering gout, that flies from place to place, and often seizes the stomach.

This complaint has, at times, perplexed me very much; of late years however I have succeeded in the cure of it, by regulating the diet, and giving a conserve of aron-root and garden scurvy-grass; which simple preparation I have found more effectual than the more complicated prescription of the great Sydenham, from whom I first took the idea.

This medicine, simple as it may appear, I will venture to recommend to the public; and assure them, that more good may be done by it, than by all the vile quack remedies that have been imposed upon them by the wicked pretenders to secrets; who know that ignorant people will easily believe every thing but the truth, and are apt to despise every man who does not deceive them, or acts candidly by them.

The Special Method of Cure abridged.

He that means to cure the gout radically, and what I call *secundum artem*, must strictly observe the following rules:

1. He must quit the flat, fertile, cultivated plains, during the summer season, every year, and remove to the highest parts of the country, where the air is thin, pure, and piercing.

2. Learn to amuse himself with country diversions, so as to fatigue himself every day. Of these fishing and wading in the clear stream is the best, walking is next, riding is only a succedaneum, and a carriage is not equal to the intention.

3. Avoid populous towns and great cities, shun all occasions of anxiety, debilitating passions, noxious dissipations, ex-

haussing pleasures, and heavy mental concerns, or intense thinking, even on agreeable subjects.

4. Keep to regular hours of exercise, eating, and sleeping; short sleep is best, on hard beds, in the early part of the night.

5. Let his apartments be large, lofty, ill-finished, and well warmed by strong fires.

6. He will soon feel the advantage of frequent bathing, much friction, and warm clothing.

7. His diet must be in proportion to his exercise, both in quality and quantity, but he must never quite satisfy his hunger at any time; in general it is proper to abstain from butter, fat, high-seasoned, salted, and smoaked meats. Some forbid black flesh and pork, but I do not find much difference, so that the fat and skin are taken away; wild fowl and game of all kinds are proper, and so is fish without butter sauce.

Animal food must not be used above once in the day; four days in the week he may eat meat, but never mix fish and flesh in the same day, far less in the same meal.

Butter-milk, whey, fruit, greens, roots, seeds, bread, and dishes prepared from them, ought to constitute the greater part of his nourishment, especially during the
summer

summer and harvest. Tea and coffee, thin chocolate and cocoa agree with most people, mixed with milk, providing they did eat no butter along with them.

8. The best common drink is cold water, but when he takes animal food he may drink small beer, cyder, wine, or spirits very much diluted.

9. When he eats heartily at dinner, he ought to eat no supper, but suffer the stomach to be quite empty once in twenty-four hours.

10. He must be well rubbed all over every night and morning; and although I wish him to be warmly clothed, yet I think he ought to walk out in the open air as much as may be.

11. When he is quite free from all complaint, sea-bathing, or even cold-bathing, will agree with most people, to restore the strength.

12. But in all situations he must take care to keep his body regular, by taking sulphur at night, when he is costive; and if he should be tormented with wandering pains, the aron-root and scurvy-grass will be of service to him.

By such means as these, properly conducted, and steadily prosecuted for a length of time, a man of observation, by only attending

tending to the *juvantia* and *lædientia* in his own constitution, will, in general, radically cure any recent gout, always moderate it, never injure his natural state of health, or shorten his life.

I do not expect that it can be in the power of every one of my friends to observe all these directions literally ; but it is my province to draw the line, and theirs to follow it as near as circumstances may permit, carefully observing what does, and what does not agree.

This is of great importance, and cannot be reduced to any rule ; every one must learn it from his own experience and observation, as the variety is very great ; thus, *exempli gratia*, where honey agrees, it is one of the most salutary ingredients in diet, and formerly constituted no inconsiderable part of the *Materia Medica* of the ancients, but it operates like poison in some constitutions. One man's food is another man's poison. My worthy friend, the late Professor Monro of Edinburgh, had experienced the good effect of honey for many years, till his constitution had undergone a great change by a severe fever, after which his stomach could not bear honey for some years.

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At last however he had a second fever, which rectified his constitution, and restored him once more to the use of honey, for which he was very thankful.

Even the variety of tastes and disgusts is worthy of attention; *De gustibus non disputandum*; and Sydenham observes that, *cæteris paribus*, people often agree with what they are fond of.

F I N I S.

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